Plank Sequence Evaluation Form for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Dear Parent/Guardian,

I would like you to look at the chart below and evaluate your son/daughter on their assignment by circling one of the three columns.

|  |  |  |
| --- | --- | --- |
| 3 – Proficient | 2 – Approaching | 1 – Beginning |
| Shows understanding; able to appropriately demonstrate and explain:  \*placement of hands and arms  \*placement of the feet  \*the shifting of body weight in order to support properly  \*importance of keeping the body flat | **Some** understanding; partially able to demonstrate and explain:  \*placement of hands and arms  \*placement of the feet  \*the shifting of body weight in order to support properly  \*importance of keeping the body flat | **Little** understanding; may be unable to demonstrate and/or explain:  \*placement of hands and arms  \*placement of the feet  \*the shifting of body weight in order to support properly  \*importance of keeping the body flat |

Comments:

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_